



Name: \_\_\_\_\_

**A German Body Composition**

*Intermediate - Hotel/Apartment Gym*

Movement	Reps	Tempo	Date	Date	Date	Date
A1 DB Squat, 1 1/4 bottom	18-20	2010				
Rest 45 seconds						
A2 DB Pullover, 1 1/4 bottom	12-15	2110				
Rest 45 seconds						
B1 DB Straight-Leg Deadlift	18-20	2110				
Rest 45 seconds						
B2 DB Flye, Pronating Grip	12-15	2110				
Rest 45 seconds						
C1 Plank Knee-In	12	2020		X		X
Rest 10 seconds						
C2 Plank Reach	10	2020		X		X
Rest 10 seconds						
C3 Plank Pushup	8	2020		X		X
Rest 60 seconds						

**B German Body Composition**

*Intermediate - Hotel/Apartment Gym*

Movement	Reps	Tempo	Date	Date	Date	Date
A1 Glute Bridge/Leg Curl Combo on Swiss Ball	18-20	2020				
Rest 45 seconds						
A2 Pushup, feet on Swiss Ball	12-15	4010				
Rest 45 seconds						
B1 Contralateral DB Split Squat	12-15	2210				
Rest 45 seconds						
B2 Bentover Straight-Arm DB Row	12-15	3012				
Rest 45 seconds						
C1 Spread-Eagle Situp	12-15	2010		X		X
Rest 10 seconds						
C2 Thoracic Extension on Swiss Ball	12-15	2011		X		X
Rest 10 seconds						
C3 Side Plank Raise	10-12	2012		X		X
Rest 60 seconds						

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